

Chinese sports counter measures under the far-reaching impact of the Novel Coronavirus attacking in 2020

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Abstract— Facing with the outbreak of the Novel Coronavirus Pneumonia in China, general secretary Xi Jinping deploys and directs the people across the country personally to overcome this unprecedented pandemic blockade. Chinese sports has also taken an active part in the pandemic stagnation battle and has become an important force in fighting the Novel Coronavirus Pneumonia. However, it cannot be ignored that this pandemic has caused negative impacts on Chinese sports at different levels during the key period of Olympic year and the National Fitness Programs. This article takes the development of Chinese sports during the pandemic as the research object, uses literature methods and logic analysis methods, and takes the “COVID-19” as the background to discuss the impact of the pandemic on Chinese sports and how the Chinese sports should act during the “COVID-19”. Studies have shown that: Chinese sports must do a good job in combating the “pandemic” and preparing for the Olympics at the same time. and tap the strength of folk sports against “pandemic”. Chinese should innovate the immune management model of athletes; change the training preparation model for the Olympics according to special conditions; spread the positive energy of sports; make good use of the leading role of university sports in fighting against the “pandemic”; and exploit civilian anti-pandemic sports forces, etc. It aims to help Chinese sports to do a good job in core sports work, help the people of the whole country win the anti-pandemic war, continue to enhance the international competitiveness of Chinese sports, and provide a theoretical basis for China to continue to promote the construction of a sports power during the Novel Coronavirus Pneumonia.

Keywords— Novel Coronavirus Pneumonia; sports undertaking; sports events; Olympic year; national fitness; overcoming pandemic situation.

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I. INTRODUCTION

The outbreak of Novel Coronavirus Pneumonia from 2019 to 2020 has become the focus of worldwide attention. The severe cases of the virus are concentrated in the elderly population, and most of the infected people's symptoms are dry cough, myalgia, mouth and nose's abnormal phenomenon, slight fever, reduced leukemia, limb weakness, and abnormal influence of lung CT. Some patients are also accompanied by gastrointestinal upset,

which has a huge impact on patients' daily travel and life health. On December 30, 2019, Wuhan Institute of Virology, Chinese Academy of Sciences tested the virus and confirm edit as a new type of coronavirus[1]. On January 9, 2020, the National Biosafety Laboratory of Wuhan obtained the genome sequence of the virus, confirmed that the pathogen as a new type B corona virus and adopted Class A management. The World Health Organization officially named this virus 2019

NovelCoronavirus (2019-nCoV) on

January 13, 2020, and identified the pneumonia outbreak caused by this virus as an international public health emergency on January 31, 2020. It marks that the Novel Coronavirus Pneumonia has become a major global health event [2] .

On February 11, the WHO definitely named this virus as SARS-CoV2, listed it as a sister virus of SARS coronavirus, and renamed the disease caused by the virus to COVID-19 (corona virus disease 2019).

The effect of the “COVID-19” has been alleviated in a nationwide by the lead of General Secretary Xi Jinping who calls all the people to fight against the Novel Coronavirus Pneumonia. At present, the source and intermediate host of the virus are not clear and no special medicine or vaccine has been developed to meet the promotion conditions .The Novel Coronavirus Pneumonia not only threatens the lives of people in China and other countries around the world, but also impacts the normal operation of all walks of life. The Chinese sports has also been strongly shaken by the pandemic, and has affected to varying degrees in sports events, athlete’s health, school sports, and national fitness and other aspects. The pandemic situation is like a double-edged sword. When it brings China's sports crisis, it also encourages China's sports undertakings to adopt new strategies under the severe challenges, so as to make preparations for the "pandemic" and help to fight the “COVID-19” resistance well, and continue to promote the construction of China's sportspower.

1 The situation of Chinese sports under the attacking of NovelCoronavirus

1.1 Various sports events are forced to be postponed

In the early stage of the pandemic, due to the instability of the pandemic situation and the uncertainty of information, the domestic and foreign sports circles have not yet attached great importance to it, and all competitions are still going on normally. As the situation is getting more and more serious into the high-risk period of the “COVID-19”, open large-scale sports competitions such as football, basketball, tennis and other events not only gather the players and the whole sports team, but also gather thousands of spectators outside the field in a fixed place, which undoubtedly increases the transmission risk of the “COVID-19”. In response to the call of pandemic stagnation, many international sports events scheduled to be held in China have been postponed. The Lingshui International Badminton Masters planned to be held on February 25, 2020 will be postponed . The FIBA

Basketball Asian Cup originally planned to be held in Changsha in May was adjusted to September. In terms of domestic sports leagues, many leagues with a large audience capacity, such as CBA tournaments, have been suspended at least until July due to the impact of the pandemic ; the Chinese Football Association has also announced that all kinds of football matches at all levels in 2020 will be postponed; in addition, in consideration of protecting the health of athletes and referees, the State General Administration of Sport has also cancelled the Winter Olympics test match that will be held in Beijing in February [3] .

As the pandemic gradually spreads around the world, many well-known foreign sports events has also been affected by the pandemic and are planning to put off competitions. Undoubtedly, the impact of the pandemic on the holding of the Tokyo Olympic Games is of most concern. Affected by the Novel Coronavirus Pneumonia, the 2020 Tokyo Olympics will be forced to be postponed to 2021, the specific time is from July 23 to August 8, 2021, and the Tokyo Olympics Paralympics will also be postponed. In addition, due to the impact of the Novel Coronavirus Pneumonia, many international events have been directly affected and made corresponding adjustments .For example, the ITTF stated that it would postpone the South Korean Busan 2020 World Table Tennis Team Championship which started on March 22 to June 21; Worldwide known sports leagues such as the American Professional Basketball League and the five major European football leagues, Serie A, La Liga, Bundesliga, Ligue 1 and the Premier League have also been forced to stop by the “COVID-19”. The 2020 European Cup and the America's Cup have also been postponed to 2021, so that UEFA President Cheferin said the virus is the biggest crisis in football history. Major international sports events such as ATP tennis and F1 also announced suspension due to the Novel Coronavirus Pneumonia. Regardless of whether it is a domestic or international event, only after the pandemic situation is initially stable or even after the pandemic situation is over, can the competition get a chance to resume normally. If the pandemic situation is not further controlled, not only many events cannot be restarted, but also the competitive status of Chinese athletes and the preparation of the Olympic period will be pinned down.

1.2 The life and health of athletes preparing for the Olympic Games and the state of competitive training are threatened

The virus spread regardless the object. Compared with the general public, although the athletes have better

overall body functions and stronger immunity to the virus, the virus is too aggressive to be prevented.. The pandemic will increase the impact on athletes for the following reasons .Firstly, athletes' self-confidence in their physical functions will make them neglect the prevention of the pandemic .Secondly, the frequency of athletes' competition location changes is high .Thirdly, the mobility of athletes' competition venue personnel is strong, the close-up game with competitors in the competition and the interaction between athletes and spectators after the competition increase the risk of infection of the Novel Coronavirus Pneumonia. In addition, according to the "window theory" -the J-curve effect of sports and immunity, which is well-known in the sports science community, after the athletes having a fierce confrontation during the game, the immune function of the body will normally be at the button of human immunity. Meanwhile, the immune window that is forced to open during the period allows the virus to invade the athlete's body. That's why British football star Wayne Rooney says athletes may be less resistant to the virus than ordinary people. The above-mentioned crisis elements become apparent after the pandemic entering a high-incidence stage, which affects the normal competition of athletes. In the field of basketball, the two-time best defender of NBA which plays for Jazz team, and Mitchell, a member of the American Dream Team, have been detected with Novel Coronavirus Pneumonia. Brooklyn Nets star Kevin Durant and Pistons forward Wood have also been confirmed to be infected with Novel Coronavirus Pneumonia. In the field of football, At least 12 in Serie A and 35% of members of Spanish League Valencia have been diagnosed with Novel Coronavirus Pneumonia. Chelsea forward Odoo, Juventus defender Rugani and others have been diagnosed with Novel Coronavirus Pneumonia, and even international football megastar Ronaldo has something to do with the pandemic. Not only are many athletes infected, but many sports management personnels have also been attacked by Novel Coronavirus Pneumonia. For example, the president of the Japan Football Association, the vice chairman of the Japanese Olympic Committee, Koshima Tajima, and Arsenal head coach Arteta were diagnosed with Novel Coronavirus Pneumonia.

With the increasing number of cases of Novel Coronavirus Pneumonia in athletes, the virus has even directly threatened the lives of athletes. In China , a 72-year-old Wuhan bodybuilder ,Qiu Jun died on February 8 due to the Novel Coronavirus Pneumonia; In Iran , on February 28, Sheikh, a member of the Iranian women's futsal national team, was only 23 years old and died for the same virus .Sumo wrestler Mo Qingxiao died in the

early hours of May 13 in local time, which is the first professional athlete who died of the Novel Coronavirus Pneumonia in Japan, reminding athletes of the severity of the Novel Coronavirus Pneumonia once more. Under the guidance of the General Administration of Sports of China, various sports teams began to conduct closed isolation for athletes, effectively controlling the spread of the pandemic among athletes. As a result of the isolation, it is difficult for the national teams of China to conduct comprehensive system training in the isolated space to maintain a high level of competition. On the contrary, foreign sports teams are becoming more competitive, making the situation even more severe. At the 2020 Japan Track and Field Championships held in Japan, Japanese track and field athletes set a number of Japanese national records, demonstrating a strong competitive edge to the world. However, due to the impact of the pandemic in China, it is hard to provide a platform for the national track and field team to exercise. If the pandemic situation continues, it will not only affect the performance of Chinese track and field teams participating in international events, but also interfere with the implementation of the preparation cycle plan for the Olympic Games, and pose new problems for the construction of Chinese sports power.

1.3 National fitness and school sports are encountering major crisis and severetest

On June 15, 2016, the Chinese State Council issued the document "National Fitness Plan (2016-2020)" for promoting the efficient development of the national fitness planning, accelerating the pace of building a leading sports nation, and ensuing the smooth development of the national fitness during the "13th Five-Year Plan" period [4]

.However, there are indications from various aspects shown that the outbreak of the Novel Coronavirus Pneumonia poses new challenges to the efficient development of the national fitness program. In a key year for the implementation of the National Fitness Program (2016-2020), people across the country are home quarantine, unable to go out to enjoy public sports facilities for physical exercise, and institutions and clubs which dedicated to serving the mass fitness industry have suffered shocks. Various government sponsored national fitness theme activities were also be cancelled, including the Jiangshan Village Games in Zhejiang Province, which has been held for 15 consecutive years .

School sports have also been affected by the pandemic. It is an indispensable part of building a leading sports nation that providing students online and offline sports classes to discover and cultivating sports talents for

our country. Affected by the pandemic, all kinds of schools at all levels in China will postpone the entrance examination of physical education, and even the entrance examination of high-level sports teams in universities. For example, Zhejiang University has decisively postponed the admission test of high-level sports teams. In terms of competitive games, school leagues of all levels in China, including the most representative league: CUBA, will also be postponed. As a result, the start date of all schools across the country has been postponed. The physical education classroom was cancelled due to the inability to implement on-site intuitive teaching, and the systematic and well-planned physical education curriculum was temporarily suspended, resulting in the lack of an important sports platform for students, which not only increases the risk of myopia among primary and secondary school students, affects the scientific enhancement of the physical quality of students of all ages in China, but also greatly tests the scientific nature of the redesign of the school sports curriculum system and program after the pandemic has stabilized. Further more, increase the uncertain factors on the process of promoting the goal of achieving leading sports nation.

2 Win the pandemic war: Chinese sports has made great contributions to the construction of a leading sports nation

When a country's government or an industry area is faced with an unexpected new event, whether its response strategy is firm and proper is a touchstone to test the real strength of the government or industry. The outbreak of the Novel Coronavirus Pneumonia has triggered a series of situations that have never occurred in world history. For example, novel coronavirus pneumonia broke out on the top of the world's luxury cruise ship, Japan's Diamond Princess, and was forced to stop in Yokohama, Japan in February 5, 2020. This is the first cruise port incident in history due to a pandemic. If the Japanese government does not take the initiative to provide proper isolation for reception, the domestic and foreign credibility of the government will be seriously damaged, and it will also directly affects the Japanese government's reputation and weathervane for the Tokyo Olympics.

The Chinese people will be more united in the face of the current predicament, and the Chinese nation will be stronger in the face of the virus. The Novel Coronavirus Pneumonia pandemic is the first outbreak in history in China during the Olympic year. It is a new challenge for Chinese sports in the Olympic preparation cycle and the construction of a leading sports nation. Only when Chinese Sports actively contributes and adopts effective measures

to cope with the pandemic can it help win the pandemic stagnation battle and prepare for the Olympic Games.

2.1 Innovate immune management system for athletes

The prerequisite of fighting for a country's honor is the health body of athletes. On February 27, 2020, the General Administration of Sport of the people's Republic of China held a video conference on the system of prevention and control of the national sports pandemic system and the key sports work in 2020 to study and overall plan the pandemic prevention and control and the whole year's sports work. After the outbreak, the State General Administration of Sport took preventive and control measures with quickly act. In view of the fact that the sports team had disinfected the apartments and buses of the team members before the outbreak, it immediately set up a procurement team to ensure the supply of necessary facilities for the prevention and control of the sports team, strictly supervises the entry and exit personnel and increase publicity of the pandemic prevention and control. For service support personnel, the daily report system is implemented, and closed management is implemented for staff who have direct contact with athletes from February 1. The crisis of the pandemic is still quite serious. Therefore, it is necessary to innovate the public health emergency system of sports teams, establish a "community of fate for preventing the pandemic of Olympic teams" with Chinese characteristics, and carry out targeted prevention and control of Chinese athletes.

At the organizational level, it is necessary to clarify the vertical emergency organization model of the order "National Sports Bureau, National Team and Local Sports Teams", coordinate the prevention and control functions of various sports teams and emergency resources, and athletes should be the main roles to build a three-dimensional, comprehensive, flexible and mobile Sports team pandemic prevention system with Chinese characteristic^[5]. At the level of laws and regulations, from the bottom to the top, initiated by athletes and cadres, the general administration of sport of China makes decisions and formulates relevant laws and regulations on pandemic prevention and preparation in the Olympic year to clarify the boundaries of pandemic prevention functions of sports teams at all levels, so as to provide legal guarantee for pandemic prevention of sports teams at all levels in the Olympic preparation cycle. In terms of drug diet reserves, Chinese sports should cooperate with the Chinese Medical Doctors Association and the Chinese Nutrition Association, based on scientific diet formulas, combined with traditional Chinese medicine antiviral treatment formulas that have made outstanding contributions in the anti-epidemic medical field, and jointly develop athlete-

specific pandemic prevention health. The dietary system is used to protect the athletes' diet and nutrition while taking into account the anti-pandemic effect, and to ensure the health and safety of athletes in all aspects. At the level of grass-root sport planning, we should consider learning from the PLA's support to the Hubei medical team for several days to achieve a "zero infection" experience, the Communist Party members of the sports team should be given full play as pioneers and model leaders, increase publicity, and encourage athletes to actively do their own prevention and control work. Distribute to the athletes the "Psychological Guidance Manual for Active Athletes" prepared by experts organized by the Human Resources Development Center of the General Administration of Sports of the People's Republic of China, to guide athletes to complete the national team's pandemic prevention and control tasks. The National Archery Team's Party Branch immediately established a prevention and control leading group, which played the role of a fortress against the "pandemic" and set up four "Party Pioneer Posts" to establish party member prevention and control models and encourage party members in the team to take the lead in charge of training Team's prevention and control. The national archery team has done a good job of disinfection and hygiene, publicized prevention and control education, combined ideological work with practical actions, and ensured a healthy level of the team's athletes, coaches, scientific researchers and staff during the pandemic..

2.2 Adopt specific training plans according to local conditions, practicing in an enclosed place and training abroad simultaneously.

Due to the severe impact of the pandemic, many domestic and foreign competitions have been cancelled. However, 2021 is the Olympic year and national sports teams should take the interests of the whole into account. While implementing the anti-pandemic work of Chinese athletes, Chinese sports should focus on the overall situation, explore superior training resources by dialectical thinking, maximize the effectiveness of closed training modes, adopt targeted training programs, and prepare for the Olympics scientifically. In order to ensure the health, safety and training status of the members of the national snowboarding training team during the pandemic, the training team focuses on trampoline technology and physical training, and adopts closed training to ensure that pandemic prevention and training go hand in hand [6]

.On January 22, the national badminton team shifted its focus at the current stage to "pandemic prevention and preparedness," not only to strictly prevent the pandemic, but also to overcome the weak links of team members'

physical fitness and technology. The National Gymnastics Team also decided to adopt a fully closed training mode for all members to grasp physical fitness and make up for shortcomings, and implement the last systematic winter training before the Tokyo Olympics. For Chinese sports, in addition to closed training, training or competitions that go abroad to those countries with relatively stable pandemic should also be included in the preparation plan for sports teams. During the outbreak, National trampoline team chose to train in Baku, Azerbaijan for the Olympics. The National Throwing Team arranged most of its players to Germany for intensive training, and participated in multiple international competitions, before the end of the foreign training time in early June, to test the effects of the Olympic preparations. When training abroad, if the pandemic gradually begins to affect the local area, the sports team can also consider adopting a closed training mode abroad. In order to deal with the pandemic and continue to prepare for the Tokyo Asian Games qualifying round, the Chinese wrestling team went to Serbia for training. At present, the team adopts the same closed model as the training situation in domestic, and does a good job of "polyphonic" training, which will carry out closed training and overseas training at the same time.

2.3 Spread the positive energy of Chinese sports against the "pandemic" and help

Chinese people overcome the threat of the "COVID-19"

As a typical representative of the national public figures, the athletes in China are highly admired by people from all walks of life in China and enjoy high popularity among the Chinese people. Numerous nurses who contributed to the anti-pandemic in Thunder Mountain and the volunteers who went to the front line have written the names of athletes' idols behind their protective clothing, which deeply proves that the status of Chinese athletes is in Chinese people's heart. Chinese sports should therefore take advantage of the outstanding public image of Chinese athletes, spread the positive energy of sports and the behaviors of pandemic combat, win the pandemic fight with all sectors of society, and set an excellent example for continuing to promote the development of a leading sports nation.

Firstly, the superb skill performance and tenacious fighting style on the field by athletes, the inspiring words during the game, and the good news after winning the glory for the country can all help Chinese sports to spread positive energy for the pandemic resistance. The Chinese women's basketball team defeated the third-ranked Spain team by the indomitable will of the whole team, got the Olympic tickets, and gave the Chinese people a

satisfactory answer with excellent results. And the inspiring words of their coach said before the first game made an exciting mobilization of the national anti-pandemic at a higher level. He said: "When a person stands out, it is called bravery; when a team comes forward, it is called responsibility; when a country is in adversity and calls for a spirit, it is a mission! Just faith! Just go forward!" These words have now been incorporated into the cognition of the people throughout China, and have inspired the Chinese people's determination to fight the virus resolutely. In addition, the Chinese ice and snow sports team also brought good news to Chinese people through record competition results and the feat of winning gold medals. After the game, they collectively cheered for the "anti- pandemic " fighters in Wuhan and the whole country.

Secondly, disasters have no emotion, but people do. By donating to the front line to fight the pandemic, and participating in public welfare performances, Chinese sports can also pass on positive energy to the society. National football coach Li Tie, female football player Wang Shuang and other sports stars and sports companies have donated nearly 10 million yuan to fight the pandemic. In addition to personal donations, basketball player Yi Jianlian also donated 11,250 protective clothing to Wuhan to send greetings and warmth to the nation's anti-pandemic fighters in a timely manner. The Chinese table tennis team, who is training in Macau, sang a song "I Love You China" at the end of the voluntary performance of the "Believe in the Future" online charity

show, expressing the national table tennis soldier's resolution to fight the pandemic.

Thirdly, Chinese sports should convene members of the sports team to cheer on the people of the country, combine the heroic posture of athletes through video editing, present it to the audience through the Internet and television, and show the image of athletes on the field, spread the positive energy of sports, and let more people feel the firm determination of Chinese sports athletes to fight the "pandemic". The Winter Sports Management Center, affiliated to the General Administration of Sport of China, organized members of the national team of ice and snow sports including skating, hockey and other projects to conduct anti- pandemic publicity activities during the pandemic, and posted the cheering support from snow and ice athletes along with the stadium's heroic behavior on the Internet through video clips which passed them ajestic positive energy of sports to against the pandemic.

Finally, we ought to call on Chinese sports people to voluntarily participate in the front line of fighting the

pandemic and actively sign up for volunteers to help fighting the pandemic. Beijing, Hubei Provincial Swimming Association, Jiangsu National Swimming Referee Xu Jie, and Chengdu University of Sport swimming teaching and research teacher Xiao Lina have all witnessed their actions on the frontline of the pandemic, and exerted their anti- pandemic energy among the Chinese people. Tianjin women's volleyball players and coaches rushed to the front line of the grassroots, demonstrating the courage and determination of Chinese sportsmen who can not only play games but can also "go to the anti-pandemic battle field"!

2.4 Take advantage of the exemplary role of university sports in fighting the "pandemic" and innovate the teaching mode of sports education

The role played by sports colleges (departments) of various colleges and universities at all levels in China has a clear demonstration during the Novel Coronavirus Pneumonia pandemic. Affected severely by the pandemic, sports education classes in schools at all levels in China cannot be conducted normally due to student home quarantine. As the bridge between competitive sports and public sports, the university sports departments in China need to meet the needs of teachers and students, ordinary Chinese people, and other student groups in the severely affected areas of the pandemic at the same time. Therefore, university sports in China should take the initiative to play a good role as a bridgehub.

In face of the teachers and students in the severely affected areas of the pandemic, Chinese university sports should learn from the spiritual of the speech by general secretary Xi Jinping while he greeted the anti-pandemic soldiers in frontline, use online video to pass on the motivational energy of university sports, and cooperate with well-known sports figures to spread the "anti-pandemic" energy. On February 29, 13 Beijing Sports University graduate champion class students including Yang Yilin, the Beijing Olympics women 's gymnastics team champion, sounded the horn of the "new heartwarming network connection" action of college sports during the outbreak. They made a video connection with 49 representatives of teachers and students from Hubei to sent them their sincere greetings. Zhang Hao, a teacher of Beijing Sports University and a world figure skating star, together with 58 Olympic champions and world champions, recorded a Wuhan refueling video sponsored by the Beijing 2022 Winter Olympics Organizing Committee, adding some university characteristics to the "pandemic" battle.

In face of the social masses, the teachers and students in

Chinese university sports education should make full use of their sports professional knowledge, use WeChat public accounts and online self-media to share the scientific experience of physical pandemic prevention and home fitness methods, which is applicable to people at all levels of society. During the pandemic, students from Beijing Sport University used the Beijing Sport University Power WeChat public account platform to deliver home scientific fitness guides to platform audiences through domestic and foreign scientific fitness videos, sports science articles, and other forms. There are also post-graduate students posting live news on the Beijing Sport University Power WeChat public account, and combined with the Tik Tok platform to open a fitness live course which is suitable for home exercise.

In face of students across the country, in addition to scientifically planning live video fitness, regimen, and aerobic training classes during the pandemic, Chinese university sports should also exert the appeal of high-level university sports teams among the majority of youth groups. Chinese university sports should encourage outstanding university high-level athletes to make an Internet broadcast of exercising at home, so that student athletes can play an exemplary role to call on the majority of student groups to take the initiative to exercise at home so that enhance their fitness, and work together to continue contributing to the building of a leading sports nation during the outbreak. Members of CUBA (Chinese University Basketball Association) teams such as Peking University and Tsinghua University carried on live training activities on the network platform. By sharing the video of fitness at home, students are encouraged to learn fitness during the pandemic, which enriches the school's online physical education classroom teaching methods.

2.5 Reach the grassroots people and explore the anti-pandemic force of folk sports

It is a key year that efficiently develops the national fitness program in 2020. How to keep the people in a good state of exercise during the pandemic is a major problem for Chinese government and it remains to be solved at present. Therefore, the Chinese government should be integrated with the people, use big data networks, cloud computing, and new information platforms to initiate online national fitness activities, organize online home fitness competitions, diversify the competition evaluation standards, and make people of all ages full with enthusiasm when they exercise at home to promote the national fitness program from bottom to top.^[8] For making the people's fitness methods more diverse and colorful, the Social Sports Center of the General Administration of Sports of China organized a home network fitness video

contest with the theme of "National Anti-pandemic. Health You and Me." among the "COVID-19" outbreak, and stipulated that the competition will be divided according to routine and free competition evaluation criteria with different awards setting. The recent "Longdu Sportsmen" National Anti-pandemic Fitness Competition organized by Puyang, Henan China has provided a new platform for local people to display home exercise activities. The competition not only set off an upsurge of fitness for the whole people, but also strengthened the mass foundation for winning the war of resistance against pandemic.

The Beijing Winter Olympics will be held in 2022. At present, the majority of the people in China are relatively unfamiliar with snow and ice sports, because the requirements for practicing basic skills of ice and snow sports are relatively simple. It provides a chance for people who stay at home with a long time that to learn the culture of ice and snow sports. As an old Chinese saying goes "The master is in the folk". The Chinese government should seize the opportunity to tap the talents of snow and ice sports among the Chinese people, and encourage them to use the Internet platform to promote the popularization of ice and snow sports culture, so as to improve the quality of the Chinese people's ice and snow sports. During the outbreak, Zhao Zhixin, a well-known coach of Beijing Sports University, shared a set of ice and snow aerobics that integrates six activities of speed skating, figure skating, short track skating, ski jumping, cross-country skiing and snowboarding. It not only enriched the home exercise model for the masses, contributed to the Chinese people's pandemic resistance activities, but also promoted the accumulation of mass snow and ice sports literacy, which will help develop the mass deposits of the Chinese ice and snow sports and the 2022 Beijing Winter Olympics.

II. CONCLUSION

This Novel Coronavirus Pneumonia pandemic made a surprise attack on Chinese sports, which is at a critical period of national fitness and in the Olympic year, and gave new challenges to the construction of a leading sports nation in China. As an important force in fighting the pandemic, Chinese sports have played a huge role in promoting the preparation for the Olympic Games and speeding up the establishment of a leading sports nation. From the perspective of the mission of the times, Chinese sports must remain true to the original aspiration and keep the mission firmly in mind. During the pandemic period and national fitness and Olympic years, Chinese sports should be the model leader in both anti-pandemic

campaign and preparations for competition. From the perspective of development law, it is necessary for Chinese sports to follow the development law of sports undertakings during the pandemic, to make steady progress and mobilize all the positive factors conducive to the development of a leading sports nation in China. From the perspective of the way of interaction with the outside world, Chinese sports should play a good role in connecting with the government and the people. From the perspective of coping strategies, starting from the actual situation of its own development during the pandemic, Chinese sports should open up a road that combine with anti-pandemic battle and preparation of contest with Chinese characteristics. Chinese sports should increase their weight in fighting the pandemic, ensure the implementation of the key tasks of the National Fitness Program and the preparation of Olympic, promote the building of a leading sports nation in China ,and share the successful experience of Chinese sports in fighting the pandemic, and provide an excellent model for the development of world sports during the pandemic. Chinese sports should encourage the world sports to fight the pandemic together, contribute Chinese sports power to the world, and then enhance the competitiveness and influence of World sports in all walks of globalize industry. .

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